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U.S. Naval Station, Rota, Spain

Sept. 9, 1999

STEAM program now available at NavSta Library

Luis Paredes, Jr.

Naval Station Rota, and the MWR Library are online with a new computer training program called STEAM (Shipboard Training Education Advancement Morale), which is designed to provide Sailors with easy access to valuable information concerning their careers. work and school.

"The STEAM program is another educational/advancement tool available to servicemembers. It's a valuable program," said NCC (AW) John Kirby, NAVSTA career counselor, who helped bring the program to Rota.

The program makes it easy for Sailors to look up information on such topics as enlisted advancement and personnel qualification standards. Additionally, the STEAM program is updated annually to keep servicemembers up to date on all of

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Base ambulance service available on, off base

With coverage that extends from Vistahermosa to the Rota – Chipiona road and everywhere in-between, including the Naval Base and the entire town of Rota, the Naval Hospital's ambulance teams are just a phonecall away for most people assigned to the base.

"If they're eligible for military medicine, we'll go get them," said Lt. Barbara Sulfaro, Emergency Medical Service, or EMS, administration officer. The ambulance team also responds to any call in the area where they can respond the quickest. "We will go and get them and stabilize them until they can be sent somewhere else. It falls under civilian humanitarian care," she added.

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30 Rota Sailors, 46 others depart for Tanzania exercise

JOC Jon McMillan

with Navy European Wire

Thirty Sailors from Rota's Naval Hospital and Branch Dental Clinic, along with 46 other U.S. medical personnel from Europe depart Rota today for the two-week long MEDFLAG 99-2 exercise in Tanzania.

MEDFLAG exercises are hosted twice annually by the U.S. European Command (EUCOM). This is the first time Rota's Naval Hospital is the lead agency for the exercise. In past MEDFLAGs, the Army or Air Force served as lead agency.

The U.S. will, for the first time, participate in the three-phase exercise with Tanzania's Peoples Defense Force and will conduct training and humanitarian and civic assistance visits.

The first phase is six days of medical training that includes preventive medicine, emergency medical technician skills, cardiopulmonary resuscitation, and moulage application. The second phase is a one-day staged mass casualty exercise that will put the skills learned in phase one to use. The planned drill is a simulated airplane crash.

The third phase of the exercise involves



HM3 Donald Allen inspects one of the Hospitals ambulances before a shift.

Medical Civic Action Programs (MEDCAPS). MEDCAPS are visits to villages in the area. These humanitarian and civic assistance visits provide medical treatment, dental screening and treatment, and immunizations to village personnel. During MEDFLAG 99-2 seven villages will be visited over eight days.

"For us it'll be a big learning experience," said Cmdr. Robert Deedman, from Rota's Naval Hospital. "Our focus is on immunizations and preventative care," he said.

It may sound routine, but Deedman said this exercise will be anything but routine. He said they expect to see many things they don't have an opportunity to see at their bases and in the United States. Because of this, Deedman said Rota's hospital corpsmen are



Medical personnel prepare and test tents for the trip.

eager to go

"We had more volunteers than people we could take," he said. "A lot of people felt

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CPO selectees complete indoctrination course

Sgt. Patricia Butler

Base Commanding Officer Capt. Gerald K. Stair, Jr., and Command Master Chief, EMCM(SS/AW) Alan McClain, were on hand as twenty-six of Rota's chief petty officer selectees completed a week-long indoctrination course Friday.

The course was designed to help the selectees make a smooth transition from 1st class petty officer to chief petty officer by covering topics such as Navy programs and policies, professionalism, management, leadership and communication skills.

ATC (AW) Select Donald LaRocco from AIMD said the course was a good overview of what he'll encounter as a CPO. "I think the whole purpose is to educate us on the responsibilities of being a chief petty officer. The main point we should get out of this is that we're not just individuals anymore, we're part of a brother/sister hood. We need to raise our standards to meet the chief's standards and this is a good way for us to learn what those standards are and how to get there."

The course is one of the tools to assist the selectees in making their transition during the initiation process. In addition, the selectees have participated in a rigorous physical train-

ing program, held weekly training sessions, and sponsored a variety of fund raising events and community service projects.

According to CTAC (AW) Select Cheryl Trent from NSGA, the course also covered the history of the CPO. "The history of the chief petty officer and what the CPO really means to the Navy and how they are the backbone of the Navy. The facilitators brought that point out. They showed us that CPOs are the glue to it all and I can't wait, I just can't wait to be that."

When asked for her advice for next year's CPO selectees she said, "Even though in the beginning it may not seem like it (the initiation process), has any purpose, or any meaning, hang in there because there is a definite purpose and meaning. You have to be able to accept it and be willing to receive it to benefit from it"

ETC (SW) Select Jeffrey LaFrance from NavSta Air Ops said he has advice for those 1st class petty officers who will be selected next year. "As far as initiation goes, have fun with it. Don't be uptight, don't let them get to you. But as far as becoming a chief, take everything you've learned so far, use it, but take everything on board that you've been taught and use that as well."

Weekend weather forecast

Today Saturday 80/68 81/68 Friday Sunday 81/68 78/67

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WITH CAPT. G.K. STAIR, JR., COMNAVACT, SPAIN

By now all uniformed personnel should have received their free \$20 calling card. This is a Naval Forces Europe MWR initiative to say "thanks" for everything you do. Each service member is entitled one; if you haven't received yours, contact your CMC/LCPO.

The Defense Appropriation bill is in the final stages of negotiation, but there are numerous provisions which affect us all First, lawmakers agreed to repeal the "Redux" retirement plan. which provided 40 percent of basic pay at the 20-year point for

those who joined in 1986 and after. This was top priority for the Joint Chiefs of Staff. Once approved, everyone will be entitled to 50 percent, although I understand there is an option to permit those under "Redux" to receive a \$30,000 bonus at the 15year point if they want to retain the 40 percent plan, and agree to stay on active duty through 20 vears. The first year this would go into effect is 2001.

Lawmakers also agreed to a 4.8 percent pay raise 1 January, with up to an additional 5.5 percent selectively targeted to mid grade enlisted and officers. I won't go into specifics pending signature, but the proposals have been published in various forums, and certainly will be again. The bottom line is senior leadership, both uniformed and civilian, are listening to our concerns and doing their best to make things better.

I receive a lot of "input," especially during peak summer travel periods and contingency ops, on why Rota isn't granted EML status. Whether it should or shouldn't doesn't negate the fact that people here are penalized

because they have to take a back seat to everyone else when to comes to Space A travel. That's an injustice we've been trying to correct without

success for a year now. Fortunately, the process was iumpstarted duringournew COMFAIRMED's initial site visit in July. I don't know whether we will be granted EML status, or whether there will be a re-evaluation of which sites

should receive it, but either way we're receiving support in attempting to eliminate the "injustice" that accrues for those stationed here. Finally, we've been inundated with TAD personnel at the height

of occupancy both on base and in our local cities. It's been transparent to most, but we've had hundreds of folks on cots dis-

persed to the barracks the hangars, and even Camp Mitchell. We've not only been able to take care of the people in a period of unique challenges, but in the process ensured that support for the mission went uninterrupted.

Well done to our supply personnel, in particular

billeting, messing, and weapons; our transportation personnel; air ops; and many of our tenants, from VO-2 to NEMOC and our deployed Seabees at NMCB-3. It takes a team effort, and it worked

AMBULANCE, FROM COVER

The task of providing this service falls to group of Hospital Corpsmen who pull 12 hour shifts waiting to serve. The team is made up of three Emergency Medical Technicians (EMT) and one Emergency Vehicle Operator Course driver (EVOC). "This is the first place I've been where we've routinely responded to off-base calls," said HM3 Donald Allen, an EMT and EVOC driver with almost six years in the Navy and two other tours under

"Without hesitation we can send out two ambulances," said Sulfaro. Those two ambulances can respond anywhere in their operating area - but not without some challenges. "Driving in Rota is a challenge," said Allen. "The mopeds and narrow streets sometimes make accessing a location a problem." He said that with practice though, those challenges are easily overcome.

"The U.S. response standard from receiving the call to arriving on scene is 5 minutes," said Sulfaro. "We hit about 65 percent of our calls at 5 minutes or less and the rest are within about 7 minutes."

The reason for this is the distance covered by the Rota ambulance teams and requirements placed on how fast they can drive. "Our am $bulances\,are\,only\,allowed\,to\,go\,10\,kms\,over$ the speed limit on base and 20 kms over the speed limit off base," said Sulfaro.

To ensure the ambulances get to their destinations in time, Sulfaro said the crews do familiarization runs and have posted maps to help them locate streets. Experience also helps keep the response time down.

The first ambulance to respond to a call is carries two EMTs on it. If both ambulances are called simultaneously, the second ambulance carries one EMT and one EVOC driver. "The BUMED [Bureau of Medicine] standard is one EMT and one EVOC driver [for each ambulance crew]. We're trying to make our standard two EMTs to increase the level of care we can provide," said Sulfaro.

That care though is already superb. The EMT are fully qualified and registered, and if they weren't working the U.S. Navy, they could be serving at your local hometown fire department, ambulance service or hospital

The EVOC drivers are also qualified in first aid and possess the basic lifesaving skills all corpsmen have been taught.

To put those skills to proper use though, the Hospital is encouraging people to plan now for an emergency they may have later.

First, everyone should have the Emergency numbers posted near their phone. You may want to cutout the chart on this page and tape it somewhere near your telephone.

Second, everyone should have easy-tofollow, step-by-step directions to their home written down and placed somewhere near the telephone. It is helpful to have taken note of unique landmarks that may assist the ambulance, or emergency vehicles arrive at your home even faster.

It is also important to explain to your household what information will be requested if they ever have to call for an ambulance. When calling for an ambulance, the emergency room will answer, "911, Ambulance request line, do you need an ambulance?" The caller will then be asked a series of questions: What is the complaint? Where are you located?

After this information is obtained, the am-

bulance leaves the hospital. The caller will then be asked a series of other questions ranging from a telephone number to more specifics about the nature of the complaint. Within seven minutes, the ambulance will arrive and will take the patient to the base hospital.

The ambulance teams take care of emergency room patients and conduct intensive training when not responding to calls. It's this type of training; coupled with a familiarization with the area and assistance from callers that ensures help is just a phone-call away.

Emergency Telephone Numbers On-Base

Emergency: 911 (Police, Fire, Ambulance) Ambulance direct: 3000 Off Base Emergency: 956-82-2911 (U.S. Police, Ambulance, Fire) Ambulance: 956-82-2911 (U.S. Naval Hospital Ambulance) Ambulance: 061 (Spanish Ambulance)

TANZANIA, FROM COVER

this is what they signed up to do see places they'd never seen before."

"We'll be seeing a lot of things we haven't seen before," said HM3 Jeri Manni, from Rota's Naval Hospital. "We'll be putting our training to use."

MEDFLAG exercises are beneficial to both U.S. participants who are able to practice field medicine and treat health problems they may not have seen before, and to the host nation, because of the health services provided to a substantial number of patients.

Rota's Branch Dental Clinic is

sending a team to participate in the exercise too. "We expect to see a lot of different things," said DT3 Glen Caceres.

"It's rare for dental techs to go out [and deploy like this] so we're excited to go help out their community." He said the dental team will see patients and providing oral hygiene education.

"Exercises like MEDFLAG 99-2 not only demonstrate the U.S. commitment to the host nation, but also allow U.S. and host nation personnel to interact and establish interoperability before a crisis," said Cmdr. Tim Thompson, deputy surgeon, CINCUSNAVEUR Fleet Medical "An actual humanitarian crisis should not be the first time forces work together.'

The 86-person team held two days of pre-deployment training this week at Rota. They attended a tropical medicine brief, a security brief presented by Rota's Naval Criminal and Investigative Service and practiced assembling the tents they'll use in Africa.

A six-person advance party departed Rota Monday. The team will work near the Kenvan border. The team is scheduled to return to Rota on Sept. 24.

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STEAM, FROM COVER

the latest changes and information. According to Kirby, Rota is the first shore duty to receive the program.

"This program will benefit enlisted personnel of all ranks and rates. It will provide them a tremendous amount of information at their fingertips," said Kirby. Servicemembers will find all aspects of the program useful, especially the sections on advancement and education. In the advancement area, Sailors will find advancement handbooks and the Naval Enlisted Advancement System to name a few. The program also provides detailed information on tuition assistance, the PACE (Program for Afloat College Education), the Navy National Apprenticeship Program and more. "There's something for everyone in STEAM,"

"There's something for everyone in STEAM," said Kirby. "It's a great program but people have to use it to benefit from it"

The Shipboard Education Advancement Program and Morale (STEAM) is designed to provide the Sailor with a tremendous amount of information at their fingertips. Using Commercial Of The Shelf (COTS) software and technology, the sailor has access to information that previously was difficult to find or out-dated. The program is updated annually and as changes occur.

The Shipboard/Unit information area on STEAM is designed to provide the user with a place to access shipboard/command unit orientation training and information (CO/XO/CMC, ship/command history, etc.)

In the Training section of the STEAM program provides an individual to access training (self-paced) resources (Catalog of Navy Training Courses, Shipboard Training Enhancement Programs, Interactive Multimedia Instruction, and Qualification Study Packages).

The Education section on STEAM provides gen-

eral information on the following areas: Navy National Apprenticeship Program (NNAP), Program for Afloat College Educa"There's something for everyone in STEAM. It's a great program but people have to use it to benefit from it."

-NCC(AW)JohnKirby

tion (PACE), Academic Skills, Tuition Assistance (TA), Navy Campus Education Centers and Defense Activity for Non-Tradition Education Support (DANTES).

In the Advancement section of the STEAM program an individual can fin a myriad of information pertaining to enlisted advancement such as: Advancement handbooks (most), Bibliographies (CNET web page), Exam writer phone numbers, Naval Enlisted Advancement System (NEAS), Personnel Qualification Standards (PQS), Personnel Advancement Requirements (PARS) and most unclassified rate training manuals.

Finally, in the Morale part of STEAM will provide the user with valuable information about services and activities for the enjoyment and productive use of leisure time, for personal enrichment, life long learning and community involvement opportunities. This area of STEAM is comprised of menus tailored to that activity (Calendar of events, volunteer clubs, MWR facilities, programs

To use the program, stop by the Library with your own floppy disk and ask the library staff for assistance. Call ext. 2418 for more information.



Blood Drive

The Naval Hospital is conducting another blood drive, Tuesday, Sept. 14 beginning at 8 a.m. The drive takes place at the Blood Donor Center, located on the second floor of the Hospital. All blood types are needed, especially type "0".

All active duty, family members, retirees and DoD civilians are welcome. If you have had a tattoo or skin piercing you must wait 12 months before donating blood. If you have been in a malarial endemic area in the past 12 months (such as central Africa, parts of the Middle East, parts of South and Central America, and much or Southeast Asia) you are not eligible to donate. ITT trips are not considered to be in malarial endemic areas. In addition, if you have a history of hepatitis you may not be able to donate.

There are some other restrictions in order to keep our blood supply safe; please call if you have any questions. For more information please call 3397 or 3573.

Lunch tickets for DGF Elementary and High School are on sale

at the following locations: NEX Admin; NEX Main Store; Navy Lodge; Video Mart; and the Housing Quick Stop. Elementary ticket prices are \$1.95 each, while the high school tickets cost \$2.10. For those who receive the reduced meal tickets, the cost is 40 cents each, for both elementary and high school.

The reduced and free tickets can be picked up only at the NEX Admin Office. The regular-priced tickets can be purchased at any location. Also, you are limited to receiving only a month's supply of the free tickets at your time of pickup.

If you'd like more information about how to qualify for the free or reduced meal program, contact UTCS Vince Patton, DGF Schools Officer, at ext. 4444.

Theater Workshop

Rota Little Theatre is offering an all day theater workshop Sept. 25 from 11 a.m.-5 p.m. Participants will spend one hour learning techniques in each of the following areas: basic acting, stage combat, dance, technical direction and improvisational skills. This is a wonderful opportunity for anyone who has always wanted to learn about working in the theater. The cost is just \$25 for the whole day and includes a BBQ lunch. For more information or to sign up, please call Alan at 956-82-4256 or JulieAnn at 956-82-4458. There are a limited number of spots available so call soon.

September Advancement Exams

The September E5-E6 advancement examinations take place at the Gateway Galley at 7 a.m. on the scheduled exam day. All candidates must be in the uniform of the day and have their military ID cards with them. The test dates for each paygrade are: E5-Tuesday, Sept. 14; E6-Thursday, Sept. 16. If you have any questions contact PN1(AW) Johnson at 3042.

The next Joint Advisory Board

Meeting (JAB) will be Sept. 16, at 9:15 a.m. in the Chapel. Everyone is invited to attend and hear from base officials, including the CO, Housing, MWR, NEX, PSD, DGF, Security, DECA. Come on out and have your concerns and questions heard, or send them to Lt.j.g. Bill Davis at email: davisb@navsta.rota.navy.mil; phone: 1680; or fax: 1021.

OPINION

Tell us what you think:

Coastline welcomes your comments on articles published in the paper, and would like your feedback. Also, if you have a special story to share, please let us know. Coastline reserves the right to edit letters for length and content.

The wasting of the American mind

Shannon Fish

Americans have never been considered an intellectual lot. It's just not Our thing. As a nation, we've always been much better at practical stuff—likerevolution, free-market economics, and winning wars—though we could at least hold our own with the world's brainy elite.

But the intellectual low light has been flashing steadily for a generation now and it's time to stop covering it over with electrician's tape. Turn down the radio and start listening closely to the inane noise this country is producing. It sounds like a Chipmunks' 45 alternating between 33 and 78 speed. The boys from Steeler's Wheel had it easy. I see clowns, jokers, and idiots in all directions.

Think I'm exaggerating? Have you seen the bit on Jay Leno's show where he goes around asking folks questions even the producers of Tic-Tac-Dough considered too easy? These apparently average, normal people are completely ignorant of

facts they should have learned in fifth grade. And what's worse, they are totally unashamed of it. The fact that they have no idea what ocean borders California or that they think we share a border with Australia bothers them not in the least. They even look at Leno like he's some kind of nerd because he actually expects them to know this stuff. People watching around the world don't know whether to laugh or start planning the invasion-as if they'd need a plan to outwit us. On a recent show, one of our best

and brightest high school graduates, no doubt on her way to Stanford, couldn't even name the U.S. president who preceded...Bill Clinton!

"Whoa, like Jay, like, stop it with this like, Final Jeopardy curve buster, like from ancient history, dude. Like, my head is like, on fire 'cause I keep wondering if Kelly is going to pick like, Brandon or Dylan."

Like, what's going on here? Where are we as a country when our greatest cultural contribution is Oprah's Book Club? Well, there are several culprits, and in the spirit of that late 20th century pastime, let's start pointing fingers!

Of course, we have our beloved educational system. We're so keen on allowing kids to find themselves, they've found themselves teetering on the edge of intellectual extinction. If we cram anymore cream filling into elementary and high school curriculums we'll have enough to fill a Ding Dong the size of the Death Star. It's time to jump into our X-wing fighters and play Luke Skywalker. Let's blow the entire thing to smithereens and start teaching our kids again. Let them find themselves when they join the Peace Corps.

Then, there's the opiate of the masses: television. Now, I'm no ivory tower elitist. I enjoy an occasional turn at the slop trough of mindless entertainment. Give me a comfy couch, a fine takeout meal painstakingly prepared by

that tattooed, nipple pierced kid at Taco Bell, and the trusty remote, and I'll gladly spend hours wading through the incredibly vast and near valueless cornucopia of programming-like Dom DeLuise at a Quincy's buffet bar. But when I'm finished with my journey to the center of goo, I don't carry out with me a doggy bag of Pamela Anderson's metaphysical musings on life and love and implants. Yet, I suspect there are a good number of young people across this increasingly fruitless plain who truly believe with all their hearts and rather limited minds that the world would be a peaceful, joyous, Eden-like place if that lout Dawson would just see the light and hook up with Joey for good, goshdarnit.

Come on, people. If you're relying on Kelsey Grammer—oh, sorry didn't mean to mess with anvone's reality-Dr. Frasier Crane—to spew out moral guidance in some sanctimonious 30 second 'the more you know' bit, you need to strap yourself to the mast and fight off the TV Land sirens once in a while. Pick up a book, preferably one with words, and force your brain to exercise a little. Don't be afraid. Your brain likes to learn. Or better yet, take a deep breath, close your eyes and contemplate the great questions of existencelike how Kato Kaelin ever entered our cultural milieu.

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Publisher's Corner

Karen Lucas

Well now we know summer is about over. School has started, Labor Day is past and Aquasherry Park will be closed after the 12th so there are just a few days left to enjoy it this year. Many of you have had lots of good times there during the past few months and will be taking advantage of these last days before saying good bye until next year. To help you take advantage of the end of the season, Aquasherryhas distributed discount coupons in many places throughout the province so look around in Rota, El Puerto and El Paseo Mall. You are more likely to find these coupons in places where you know a lot of people go, although some have been put in mail boxes (off base). Keep you eyes open, there are still some around and the discount is for 500 pesetas and it is good for children and adults. With or without the discount -enjoy Aquasherrywhile you can!

The "Back to School" campaign is in full swing at El Paseo Mall. There you can find everything you need for this school year. Tomorrow night they are having a special children's party at 8 p.m. There will be live entertainment and activities, so stop by and join in! They will also be handing out prizes for the children's drawing contest that just ended on Tuesday.

You can get the whole family ready for fall and winter at **Benetton**

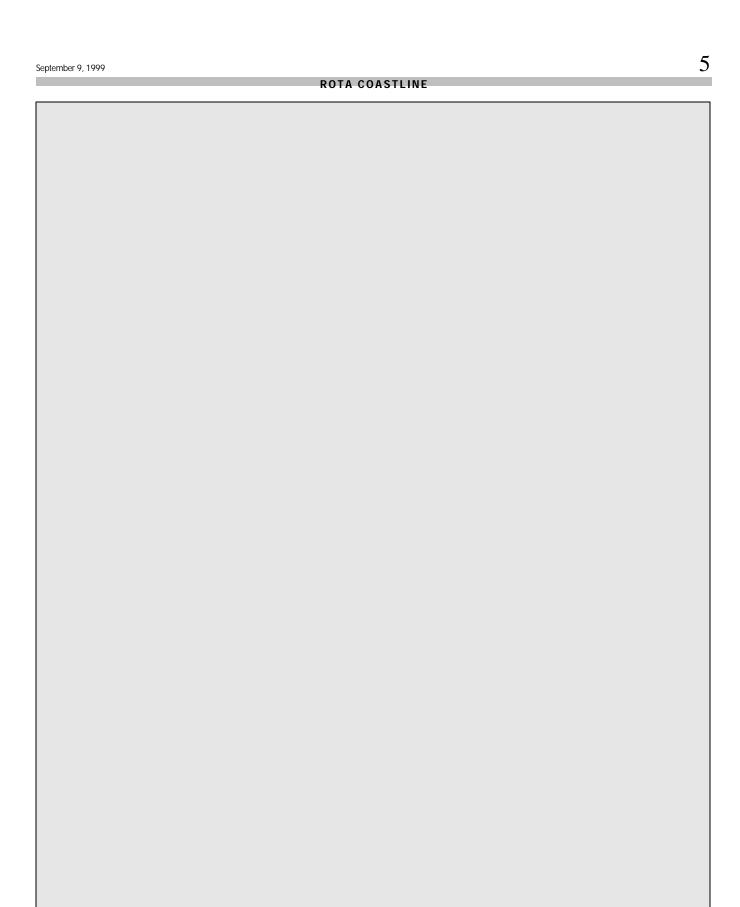
in El Paseo. They have lots and lots of cute clothing for children in bright and happy colors and now there is a bigger selection of clothing for babies from newborn to three months. The colors featured this year for teens and adults are more subdued; lots of grays, blacks and browns. Again this year they have suede and leather jackets and coats. All in all, lots of fashionable, wearable clothes and accessories at good prices. Stop by and take a look.

Restaurante El Manantial, located right on the beach, just outside of base is under new management. The menu now features Mediterranean cuisine with lots fresh fish, vegetable dishes such as pisto and fresh vegetables of the day. Of course, you can also find meat for a main course. They are

open all day from about 9:30 a.m., every day. Here you can have breakfast, lunch or dinner facing the sea.

Don't forget the OCSC has their annual **Sangría Social**tomorrow evening from 7 to 9 p.m. at Reflections. All GS-7 and above are invited to attend. The evening will include OCSC information, membership opportunities and prize drawings. *Tapas* and *sangrí* a will be served.

Let's hear from you! It is time for me to start preparing a new restaurant guide so I would greatly appreciate any inputs about places you think are good, especially those from the surrounding area. Send your inputs by fax to 956-542997 or e-mail to COASTPUB@santandersupemet.com



Rec Rabbit can take you there

MWR offers daily transportation between the housing area and the main side of base, usually on a blue and white bus called the Rec Rabbit. During the school year, it runs from 4 to 10 p.m. Mondays through Thursdays; from 4 p.m. to midnight on Fridays; 11 a.m. to midnight on Saturdays; and from 11 a.m. to 6 p.m. on Sundays and U.S. holidays.

Each trip costs 50 cents.

Monthly passes are available from the Fitness Center at a cost of \$15. However, if you a buy a monthly pass on the last business day of the previous month, it costs only \$10

The Rec Rabbit bus starts in housing, going toward main base, on the top of each hour. The schedule is as follows:

:00 on the ho	our Fuentebravia Gate	:30 past	Expeditions
:05 past Fue	entebravia / Buena Vista	:30 past	Champions Sports Club
:05 past	Housing Tennis Courts	:35 past	Pizza Villa
:10 past	Alicante / Pontevedra	:35 past	Rota Gate
:10 past	JAMS	:35 past	Baskin Robbins
:10 past	DGF High School	:35 past	Gateway Auditorium
:10 past	Housing Pool	:40 past	Navy Lodge
:15 past	NEX Home Store	:40 past	NEX Home Store
:15 past	NEX Video Mart	:45 past	Housing Pool
:20 past	MWR Library	:45 past	Housing Quick Stop
:25 past	MWR Fitness Center	:45 past	Córdoba / Logroño
:25 past	Craftech	:45past	DGF High School
		:45 past	JAMS
Going towa	ard housing, the Rec	:50 past	Alicante / Pontevedra
Rabbit	schedule is:	:55 past	Clavel Plaza
		:55 past	Fuentebravia Gate
:30 past	MWR Fitness Center		
:30 past	Craftech	All depar	t times are approximate.

LOCAL HIRE JUDS

MWR Jobs

The following positions are flexible and open until filled unless otherwise indicated. Recreation Aide Ceramic Shop Staff Writer Publicity Clerk Typist CDC Program Assistant CDC Clerk Typist Champions Booth Cashier Champions Bartender Reflections Recreation Aide Marina Driver/Cashier Pizza Villa Tractor Operator Golf Course

In addition, MWR is recruiting for U.S. Aerobic Instructors, call 2563; Family childcare providers, call 1105; and U.S. craft instructors. The MWR Department has an emergency hire program for eligible U.S. citizens, for more information call 2596.

HRO Jobs

Recreation Aid (Lifeguard) GS-

0189-03 Closes: 1st cutoff 10SEP99
Secretary (O/A) GS-0318-06
Closes: 10SEP99
Lead Library Technician GS1411-07 Closes: Open
until filled
Recreation Aid (Lifeguard) GS0189-03 Closes: Open
until filled

Education Aid (School Age)

15SEP99
Recreation Specialist
GS-0189-05/06 Closes:
17SEP99
Medical Transcriptionist GS-0303-04 Closes:
13SEP99

GS-1702-02/03 Closes:

Computer Specialist

13SEP99

GS-0334-11

JAMS to move by 2001

Margaret E. Steele

MWR is planning on relocating the Youth Activities Center by 2001 as a result of continued construction needs for the DGF School renovation program. The proposed new site is a six-year-old building located on the school campus. It is adjacent to where the high school gym will be built and will overlook the running track and soccer/football field.

The proposed new center will be the same size as the current Youth Activities Center, and will offer the same services in its School-Age Care (SAC) Program. The new site will also have enough space to allow for a SAC playground to be built.

From now through September 2000, designers will plan what changes need to be made to the newer building. MWR then expects to award a construction contract. Work on the replacement facility should begin in January 2001 and is expected to be completed later that year.

digital!

Puting that old 35mm camera to bed

Often times very little effort is spent selecting a printer for your digital desktop studio. You can buy today's leading technology at roughly \$20,000 for a camera alone, but you're going to get garbage if you don't take time to match your printer and camera. But don't worry, if you haven't seen photographs printed on color printers, you are in for a big surprise. The output you can get from printers costing a few hundred dollars will shock you. But it's important to know what you are buying and whv.

The results of digital prints may not be the same as prints made with traditional photography, but in many ways they have a look and feel all their own. Because of the wide choice of papers, inks, and technologies available, printed images vary a lot. This doesn't mean they have poor quality; it just means they are different. At the moment, two types of printers stand out, ink-jets for low cost and dve subs for high quality. Before looking at them in more detail, let's look at how printers work.

When choosing a color printer there is no better way to compare than to print one of your own images on a variety of them and compare the results. Barring that, you can read reviews or ask around. When

doing so, here are some things to keep in mind: Specialized photo printers may not work as well on general tasks such as word processing. Even if they do, their per-page costs may be higher and their operation slower. The cost of the printer isn't the only consideration. You also have to factor in the costs of paper and ink or toner. These recurring costs can soon exceed the cost of the printer. Processing images takes a lot of power, so printers often have as much computing horsepower and memory as a PC. Some printers form the complete image in memory prior to printing it. Doing so speeds things up if the printer has enough memory. The proportions on the image sensor and the printer may or may not match. If they don't match, you may experience "cropping" or have to reduce the size of your image to fit on the page. This is especially true on snapshot printers and self-service printers in photo shops.

When it comes to printers, resolution is not the final determiner of color or quality. For example, an ink-jet printer with a resolution of 1400 dpi won't give as good a print as a dye-sub printer at 300 dpi. This is because, each pixel on an ink-jet printer isn't a single drop of color but a cluster of many drops. The accuracy with which this

is done can have a profound impact on the "perceived" resolution of the image. For ink-jet printers, the size of the small ink drops is more important that the dpi. For example, some of the best printers use only 300 x 300 addressable dots per square inch but use between 25 and 36 dots per pixel. Liquid ink-jet printers propel fine droplets of liquid ink toward the surface of paper. In today's marketplace, this technology is the low-cost entry point for personal printing and low-volume color printing. These low-cost printers do an amazing job of printing photo-realistic images on a wide variety of papers. These printers use ink-jet cartridges. Although you can print photos on plain-paper, you'll find that liquid inks tend to soak into the paper taking the color along with them. You'll get richer colors using coated papers that are less absorbent and designed specifically for photographs. The ink dries partly by absorption and partly by evaporation. If the paper is too

A cartridge of ink is attached to a print head with up to hundreds of nozzles, each thinner than a human hair. The number of nozzles and the size of each determines the printer's resolution. As the print head moves across the paper, a digital signal from the computer tells each nozzle when to propel a drop of ink onto the paper. On some printers, this is done with mechanical vibrations. Piezoelectric crystals change shape when a voltage is applied to them. As they do so, they force ink through the

absorbent, the image looks washed out.

nozzles onto the paper. Each pixel in the image can be made up of a number of tiny drops of ink. The smaller the droplets, and the more of them, the richer and deeper the colors should be.

Papers and inks have affects on both the initial image quality and eventual archival quality. When images fade, memories are lost. This has been a problem throughout the history of photography. Most papers, inks, and toners have unknown archival qualities. If you have the original digital file, this is no problem. But will you be able to find it ten years from now? And if you can, will the media still be readable Remember, nothing is permanent.

Color photographs printed on regular paper with an ink-jet printer lack density. contrast, brilliance, and sharpness. Part of this problem is due to the paper itself. Its surface is rough, dull and absorbs ink. If you look at a photographic print, you'll see that the paper is brighter, heavier, and the surface is smoother and less porous. Your ink-jet prints can get much closer to photographic print quality if you print on special photographic printing paper. These inkjet papers are specially coated, glossy, and heavier to make it look and feel very much like conventional photo paper. You can also use transparency film that has a special coating to give you bold, vibrant colors and sharp text. The choices are amazing and have a huge affect on your results. Shop around to get a feel for what's available.

Navy Family Service Center

TENSION TECHNIQUES

September 14, 1130-1300

Join us for free lunch while learning how to cool your jets. This BRAIN FOOD session is interactive and will teach you how to put stress in its place! Expeditions is hosting the lunch and Navy Family Service Center is presenting the techniques. If you are single or geographically single military, give us a call at 2527 or 3232 to sign up.

ACTIVE PARENTING OF TEENS

	Beginning 16 September and going weekly through October 21. 1300-1500				
	It's entertaining, it's effective, it covers today's issues for today's families. Families may differ, but their concerns are the same. This program contains six information packed video discussion sessions. Learn practical and effective ways to support your teen in today'' increasingly complicated world. For more information and registration, please cal the Navy Family Service Center at 3232.				

Protecting yourself from the sun

Betty S. Murphy

Most people have heard or read by now that overexposure to the sun increases your chance for skin cancer. Here in sunny Spain. it is impossible to avoid exposure to the sun, but there are things you can do to protect yourself and your family if you know the facts.

There are two types of ultraviolet radiation that reach the earth's surface and can start cancer and promote its growth-UVA and UVB. We know sunscreens can protect against painful sunburn, but with so many to choose from, it is difficult to choose the best one for cancer protection. Sunscreens protect

against UVB rays to varying degrees. Generally, the higher the sun protection factor (SPF) number listed on the label, the better the protection for UVB rays, but not necessarily UVA. To protect yourself from both UVB and UVA rays, look for "Broadspectrum" sunscreens. The best UVA protection comes from the

ingredients avobenzone or titanium dioxide included in some broadspectrum formulas. Apply sunscreen about 30 minutes before you go out in the sun so it will have a chance to absorb, and then reapply every 2 hours. If you find you are allergic to PABA, one of the ingredients found in sunscreens, look for products with benzophenones or anthra-

You are at special risk for skin cancer if: You have fair skin, blond. red, or light brown hair; blue or green eyes. You've spent long periods of time in the sun or use a tanning bed. You've been exposed to coal tar. pitch, creosote, arsenic compounds, or radium. The two most common kinds of skin cancer are easily treated if caught early.

THE AMERICAN MIND, from page 4

Which brings us to the genuine culprit; ourselves. We've dumbed ourselves down so much that kids graduate from college unable to place the American Civil War, a watershed event in our history and one that still impacts us today, in its proper century! Yet we can't read enough about Kato Kaelin. Now, I know being the class brain was never the most popular thing to do in this culture. But it seems at one time there was a core amount of common knowledge every capable citizen was expected to know, no matter what social, intellectual, or ethnic background. It allowed us to speak to each other and be comforted that at least we had that in common.

Well, forget about the Civil War, we're in another war right now and the idiots are taking over the asylum. And Jack Nicholson is not playing the lovable antihero in this drama. The survival of this country, of this system, depends upon the existence of an electorate that is qualified to elect! The dumber we allow ourselves to become the less claim we have to self-rule and the more susceptible we become to tyranny. Freedom depends on our ability to handle its inherent responsibilities. If we abdicate those responsibilities. choosing instead to shoot up a deadly cocktail of banality and insipience, then we deserve to have some ape, who sounds curiously like Roddy McDowell, bossing us around. So get up, get out, and take an active role in our kids education in and out of school. Equip them with the same solid foundation generations past carried into adulthood. Then, at least, they'll have a brain to waste while sniffing glue and watching MTV's house party.

Joint

QUESTIONS AND ANSWERS FROM AUGUST MEETING

Q: When there is a shift change on the weekend at Champions there is a 30 minute period when checks can not be cashed and pesetas can not be bought.

A: By the time you count the money, receipts, do inventory and get the old person out and the new person in 30 minutes have elapsed. We can't get this done any faster than that.

O: Does the Rec. Rabbit have a designated route and does it pass by the baseball field?

A: The Rec. Rabbit does have a designated route and it runs by the Youth and Baseball field.

Q: Is it possible to drop off a child at CDC on the quarter hour, this would save some parents money?

A: In order to stay within ratio the CDC will have to maintain allowing children to be dropped off on the half hour.

O: Is it possible to make the used Used Auto Parts Store and Auto Hobby Shop hours the same? A: The long range plan is to move the Auto Hobby Shop by

the Used Auto Parts Store. In the meantime we will try to match the day time hours.

Q: Can a sign be put at the Drive-Inn entrance stating when people are allowed to start entering? A: Yes, the sign will read people are allowed to enter one hour prior to the scheduled time of the

movie

O: There is a strong odor in the male head at the bowling alley can something be done about it? A: It used to be a mechanical condition of the pipes that gave it a bad odor, we thought we had

that fixed. Will check into it.

DECA

Q: How busy are the new Sunday hours?

A: Tremendously busy from the time the store is opened until it is closed. In the future we plan on extending the hours, but right now we can not due to a unexpected loss of personnel in the cash cage. Q: Can the Commissary be more responsive to special orders? In particular a dog food called Science Diet is not on the store products list in other locations this is easily done.

A: The Commissary world wide is authorized to carry only one premium dog food.

SUPPLY

Q: Can the parking spots in front of Household Goods be reserved for customer parking? A· Yes

O: Why do we have both a NEX and official gas station? Can't both be combined into one (saving maintenance costs and staffing)? A: Fundamentally they serve two different customer bases, the private vehicle owners of the base and the "official" vehicle users of the base. The inventories for each of these customer groups must be accounted for separately and billed separately. At the present time, both "customers" are being served at the NEX Gas Station as an interim measure while the "Official" Gas Station is being renovated by a contractor. Accounting for the sales has to be done manually because no automated system exists at the NEX station and this is labor intensive. However, the renovation of the "Official" station will include installation of a new

automated dispensing system that will allow for the station to operate unmanned. Once this system goes on line the "extra" people currently working at the NEX station will not be necessary. The automated system at the "Official" station will allow for the dispensing of gas 24 hours a day, will be operated "attendant free" and will keep a running account of the mileage and gas consumption of every "official" vehicle on the base - information essential to the efficient management of the "official" vehicle fleet.

O: Is the Air Terminal being taken over by the Spanish?

A: No, because of a military draw down on the base we no longer have the ability to run operations 24hrs, we are going to turnover management of the parking and the traffic coming in and out of the airfield. The terminal is still going to be run by the Navy.

O: Where can you go to get an accurate list of the items Housing has loaned to you prior to checking out? A: The Housing Self-Help Center

The Joint Advisory Board is the third Thursday of each month at 9:15 a.m. in

the Chapel.

September 9, 1999		9

Month at a glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday Sat	urday
SE	PTE	EMB	ER	PO3 Exam at Galley, 7 a.m. Liberty - Pennies to Pounds Investment Class at Expeditions, 11:30 a.m., Call 2527	Najee Jazz Music, 8 p.m., Reflections	Rosh Hashannah First Black to enter Naval Academy James Henry Conyers, 1872
12 ITT trip to Ronda Call 3101. Triathalon, Call 2813. Rosh Hashanah	13 National Grandparents Day Full-Day Kindergarten begins	PO2 Exam at Galley, 7 a.m. DGF Open House (7th & 8th grades), 7 p.m. Blood drive, call 3397	15 ITT Gibraltar Shopping, Call 1560 National Hispanic Heritage Month begins, until 15 Oct	16 9:15 a.m. at Chapel Chief's Pinning, 6p.m., Spanish Theater Retiree Seminar at Cadiz Room, 3232 PO1 Exam at Galley, 7 a.m.	Captain's Call at 11 a.m. on Hot 102.5 Ombudsman Apprec. Lunch, noon, Reflections, call 3232 Air Force Ball, Puerto, 2355 Retiree Seminar at Cadiz Room, 3232	18 Golf Tourney, call 3587 1999 Khaki Ball, 6 p.m. at Reflections, call 2936/2530. DGF First Football Game at Alconbury
19 POW/MIA Week this week Triathalon, Call 2813.	20 Yom Kippur Fall Softball League Begins, Call 2563 DGF Elementary School Pictures	21 Liberty Trip to Burger King, Call 2527 ITT Jerez Horse Show, Call 1560 DGF Elementary School Pictures	Ping Pong Tourneyat Expeditions, 6:30 p.m. TAP Seminar/Retirees, 8:30 a.m 4 p.m., call 3232 DGF Elementary School Pictures	DGF High School pics Stress Management, 5:15 - 9:15 p.m., call 3232 TAP Seminar, 8:30 a.m 4 p.m., call 3232	DGF High School pics Karaoke Contest, Reflections, 8 p.m. TAP Seminar, 8:30 - 11:30 a.m. call 3232	25 "Showtime" at Reflections DGF Football Game Home (v. Menwith Hill) Captain's Cup Half- Marathon, 8 a.m., Fitness Center
26 Family Health & Fitness Day ITT Ronda Trip, Call 1560	27 DGF Open House (High School) Captain's Cup Flag Football Season Begins, Call 2563	28 Horse Show, Call 1560 DGF Elementary PTO, 6:30 p.m., Parent Connection Room	Parents & Tots, 11:30 a.m 1 p.m., Call 3232 Smooth Move Workshop, 12:30 - 4:30 p.m., Call 3232.	Coastline Submissions due for Oct. 7 edition, Call 3786.	Try-00 Begins Captain's Call at 12:05 p.m. on Hot 102.5 FM Basketball Court Reopens	DGF Football Game (at Brussels)
Rota Bowling Lanes, Call 2112	Child Health Day Lady of the Rosary Festivities, Rota, Call 2813	5 Your meeting/ event could be advertised here, call 3786	6 U.S. Naval Academy founded in 1945	Coastline Submissions due for Oct. 13 edition, Call 3786.	Chicago "Great Fire" Anniversary, 1871	DGF Football Game (at London Central)
Rota Golf Course, Call 2260		0	СТС	BE	R	



GRANAIDA



JOC Jon McMillan

Granada means "pomegranate" in Spanish and the city of Granada is said to have been named after the pomegranate because it sits on three hills at the foot of the Sierra Nevada. Well, if the truth were to be known, I was lost. I only counted two hills, and it sure those two hills reminded me of, well, hills, more than a small fruit that's almost impossible for me to eat without staining my clothes.

Even without discovering the secret of Granada's namesake, the city was impressive, fun and alive. Now, I know cities aren't really alive, but, Granada comes really close. In fact, if you were quiet, very, very quiet, and told everyone around you in this city of almost 800,000 to just listen for a moment, I bet you could actually hear the city breath a hot breath of life. I betyou could.

It's Granada. Home of great Spanish musicians like Andres Segovia who said Granada is "a place of dreams where the Lord put the seed of music in my soul." It's home to great Spanish poets like Federico Garcia Lorca who refused to leave Granada because he had to write, even though he had been warned his life was in danger at the beginning of Spain's Civil War in 1936. [He was murdered in the hills above Granada days later.]

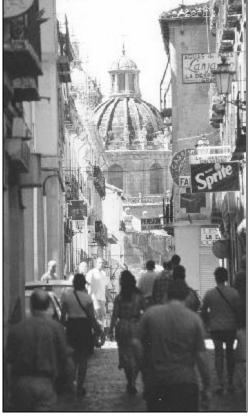
But really, what can you expect from a city that was fought over for hundreds of years and was the coveted 'gardens' of a Moorish dynasty. During the reconquest, it is said the Catholic Monarchs did not want to destroy the city, but rather, possess it. When they did repossess Granada, the Moorish king was rumored to have cried, and his mother replied, "Don't weep now as a child for you could not keep as a man."

It's little historical stories like that, and great bars that serve free tapas with each drink that really made my trip to Granada great. In fact, I noticed you usually get an uninteresting, unfilling, untasty tapa with your first drink. Potato chips, in most places. The tapas though, keep getting bigger and better. In fact, you can probably eat enough tapas so you don't have to fork out any money for a real dinner. [That's what we did.]

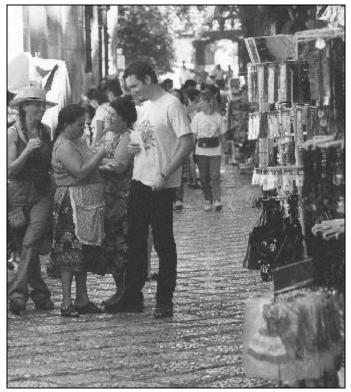
At the base of the two hills I saw sits the new town. It's also where

Continued, next page

some great sites sit too, including the main Cathedral and a host of smaller, but in some ways, more elegant churches. I especially liked the Santa Ana church that sits next to the Darro river in-between those two hills I saw. It's from the Darro River you can get a kink in your neck from looking at La Alhambra and Generalife, probably the most visited and most beautiful parts of Granada. [Check out next week's Coastline for photos and story.] You can also look the other way and







Jon McMillan

GRANAIDA



see another hill that isn't as pretty to look at but hides the heart of Granada within its streets. That's of course, if you'll permit me, to continue with the, Granada lives analogy.

On this hill are two historic districts, or, better yet, great winding streets with a bunch of character and characters. I'm talking about the Albaicin and Sacromonte districts. We must of walked up and down a million streets, stopped at even more bars and never had to have dinner because of those free tapas. In the Albaicin, you get a distinct feel for the Moorish ancestry of Granada, but, it was in Sacromonte that I felt I had truly ventured onto a GREAT city. Sacromonte is where the famed, and now, unfortunately, mostly touristy Gypsy caves are located. This is where gypsies just dug into that second hill I was talking about and built themselves a home. Now, these caves are mostly flamenco bars. Be warned, cover charges are a bit pricey and they charge you for just entering. So, we didn't enter.

Instead we walked all the way up the hill and found a more tranquil little bar and enjoyed the ambiance, without flamenco dancers [but great flamenco on the stereo] and without the cover charge.

I would definitely recommend spending two days, one night in Granada. It takes one full day to get a feel for the city and at least one-day to see parts of the Alhambra. Next week we'll feature La Alhambra in our Vista section.





Coastline's listing of events and activites for the next eight days. Send your submissions to coastline@navsta.rota.navy.mil

a week

Tonight

Bingo at Reflections. Starts at 7 p.m. Call 2851 or 2617 for more details.

Friday

Live jazz. Najee concert location change. Najee, a jazz musician, will perform in a concert on Friday at 8 p.m. at Reflections. Call ext. 2433.

Bowling sale. The last day of Rota Lanes' bowling sale is Friday. You can get shirts and shoes discounted up to 20 percent, and free game coupons when you buy. Call ext. 2112.

Saturday

Bowling with different pins. Rota Lanes has colorama bowling, with cash prizes, every Saturday at 7 p.m. The fee is \$10 and the amount you win depends on how you bowl with different-colored pins. During September, if you save five bowling game receipts, you can exchange them for a free

bowling ball cleaning. Call ext. 2112.

Sunday

Open Water Diver Course registration deadline. Liberty is offering a Discover Scuba, PADI open-water Scuba lessons, followed by a weekend diving trip to Almenaca, Spain. The class is Sept. 13-16. Priority for the two-night trip goes to people in the class. If there are openings left, other certified divers can go. Registration deadline is Sunday. For more info, call ext. 2527.

Monday

Wood Shop class. The Wood Hobby Shop is conducting a class on how to make a vegetable bin. The class will be Monday and Tuesday from 5 - 9 p.m.. Cost is \$50. Call ext. 2284.

"5-A-Day" Promotion begins Monday. Market Street Grill and Reflections are taking part in the national "5-A-Day" promotion held

annually to increase fruit and vegetable consumption and health awareness. From Sept. 13-17 receive a healthy bonus when you buy a salad or choose fresh vegetables instead of fries at Market Street and Reflections. The Hospital's nutrition and health promotion departments will provide the health bonuses. At Reflections, customers can pick up a punch card. If it gets marked five times for choosing healthy foods throughout the week, you can enter to win prizes.

Tuesday

Tension class. Liberty is conducting its Tension Techniques class at Expeditions on Sept. 14. The class starts at 11:30 a.m. and is free. Call ext. 2527. Ladies golf lessons. MWR's golf course offers free ladies golf lessons at 10 a.m. Tuesdays. For more info, call ext. 2260.

Wednesday

Country night at Reflections. The British Pub offers country night every Wednesday from 8 p.m. to midnight. Call ext. 2851.

Thanksgiving in London. ITT hosts a trip to London over Thanksgiving weekend, Nov. 24-28. Cost is \$670 and includes transportation, hotel accommodations, some meals and sightseeing. Deadline to sign up is Oct. 22. The final payment is also due Oct. 22. Travelers who sign up by Sept. 15 will get free tickets to "Buddy," a London musical about the life of Buddy Holly. Call 3101.

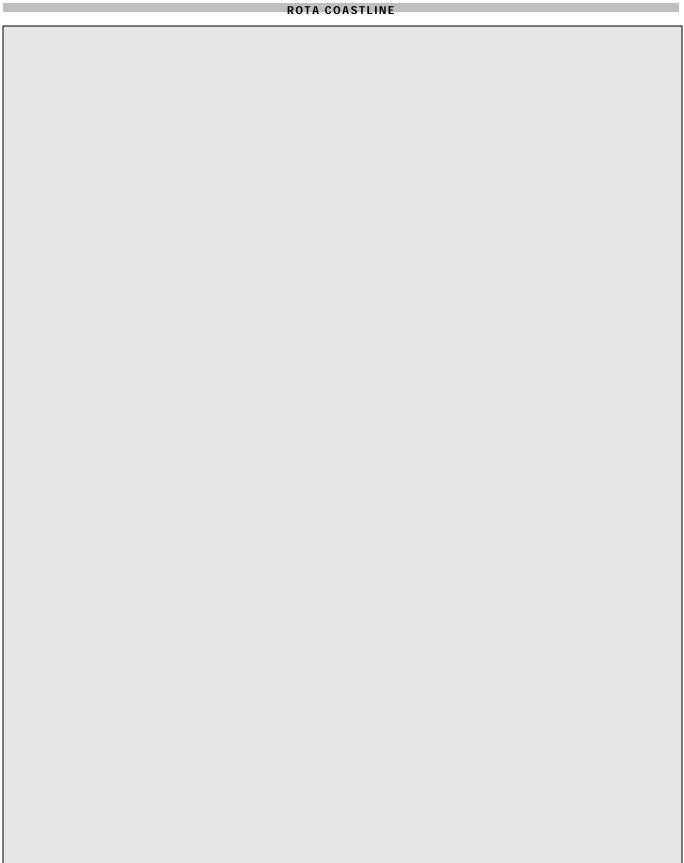
Thursday

Trip to La Fondue. Liberty is going to the La Fondue restaurant in Cadiz on Sept 16. The cost is \$2 but don't forget to bring pesetas to pay for dinner. Call 2527. Craftech class. Craftech is having a two-part Dry Brush class on Sept. 16 and 21. Cost for each class is \$15 - plus \$3 for an example ceramic piece. Both classes will be held from 6 - 8 p.m. Call ext. 2550 for more info.

Friday

Otoño Lirico (1999 Jerez Autumn Festival) Advance program: Friday Sep. 17 through Sat Oct. 9 in Jerez at Teatro Villamarta, Plaza Romero Martinez. Maruxa of Amadeo Vives, Sep. 17-18; Los Gavilanes of Jacinto Guerrero, Oct 1-2; Marina of Emilio Arrieta, Oct. 8-9. Call Naval Station community relations at 2813 for directions on how to get there.

September 9, 1999



COMMUNITY NEWS & INFORMATION

Galley breakfast hours

The Gateway Galley breakfast meal hours will be 5:30-7:30 a.m. only on the corresponding Navy Advancement Exam dates scheduled for Sept. 14 and 16. For more information, contact MS1 Brantley at 1654.

1999 Navy Birthday Ball

This year's Navy Ball is scheduled for Oct. 15. Meetings are scheduled for Sept. 22 and Oct. 6 at 2 p.m. in the Naval Hospital CO's conference room for all Navy Ball Committee command representatives. Participation is needed to finalize plans for this year's event. Contact Lt. Cmdr. Pruett at 3600 or Lt. Sulfaro at 3308 for more information.

AirForceBall

The 625th AMSS proudly presents the 1999 Air Force Ball Sept. 17 at the Bodega El Cortiio in El Puerto de Santa Maria, Appetizers and cocktails begin at 6 p.m. The main menu consists for chicken in whiskey sauce, pork tenderloin in Roquefort sauce, sea bass in lobster sauce or a vegetarian dish. The cost is 3 mil. pts. per plate. For more information contact Tina Turner at 2355.

American Red Cross

The next monthly Volunteer Orientation is scheduled for Oct. 4 from 10-11 a.m. in the DAPA Conference Room, located in bldg, 52. If you would like to become a volunteer, stop by the ARC office to complete an application. Also, the ARC is looking for a volunteer chairman for the Hospital. The role of a Hospital Chairman is to track volunteer hours and help new volunteers become aquainted with the Hospital staff. Call 2333 for more information.

Budget for Baby class

The next Budget for Baby class, sponsored by the Navy-Marine Corps Relief Society, is scheduled for Monday, Sept. 20 from 10 a.m. until noon in the PSD Admin Conference Room, Attendees will be assisted in completing a do-ityourself budget with information on how the baby will impact your finances. Childcare expense info, cost cutting and shopping tips will be shared. Everyone is welcome to attend. After completion of the class, all active duty military families will receive a junior seabag with approximately \$100 worth of baby supplies and a

handmade blanket or sweater set. To sign up for the class please stop by the NMCRS office located in the PSD building.

Nutrition Challenge

The Gateway Galley and the Naval Hospital have teamed up for the 5-day Nutrition Challenge scheduled for Sept. 13-17. Come in and enjoy a delicious wellbalanced meal and start building your health. After your meal, stop by the desk and answer a trivia question to win a prize. For more information, contact MS1 Brantley at 1654.

Take Off Pounds Sensibly

The kids are now back in school and it is now time to focus YOU. Come to TOPS (Take Off Pounds Sensibly) any Monday evening. It is an international non-profit weight loss support group. We meet at the Navy Hospital, in the conference room of the Family Practice Building. Weigh-in is 6:30 - 7:00 PM and meeting from 7:00 - 8:00 PM. For more information contact Roxie at 956-84-0184 or email at whitlach@teleline.es

Christmas cards available

Christmas cards of Spain are available at the American Red Cross office, located in bldg. 52. Christmas scenes by Yvonne St. Clair feature scenes from various towns in Spain, including Rota, Puerto and Chipiona. The Red Cross also has signed and $numbered\,lithographs\,of\,artwork$ by Yvonne St. Clair and many of her note cards that are suitable for framing. Call 2333 for additional information, or visit the ARC

Retirees' 1999 Fall Seminar The Retirees' 1999 Fall Seminar

will take place Sept. 16-17 in the BOQ Cadiz Room. This year's agenda includes a myriad of retiree issues, with numerous guest speakers for the two-day event. Capt. G.K. Stair, Jr., COMNAVACT, will address some of those issues. Other speakers include Annabelle St. Germain, Retired Activities Officer; Lt. Cmdr. Jody Stanley, retired liaison officer; and Lt. Col. Ron Todd, staff judge advocate for the Office of Defense Cooperation. Representatives from MWR; Red Cross; Tricare; Hospital; Branch Dental Clinic; Family Services Center: American Embassy; Navy Legal Service Office; Navy League; Fleet Mail Center; PSD; and other organizations will also speak All retirees and those interested in hearing about retiree issues are encouraged to attend. Call ext. 3232 for more information.

Splish Splash

The Rota Swim Club "Los Tiburones" is always on the look out for new swim club members. If you are between the ages of 6-18 and interested in swimming, then come on out and give it a try. Practice days and times are Monday, Wednesday and Friday from 6-7:30 p.m. Call 81-0625 or 82-4061 for more information.

Bowling leagues delayed

Due to the installation of a new floor and black lights, fall bowling leagues at Rota Lanes will begin in October. Registration for leagues will run through September. Rota Lanes will remain open during light installation for recreational bowling. Call 2112.

Dance classes

MWR offers private and group dance lessons in ballet, tap, jazz, dance and twirl, as well as parentchild dance classes. Call the dance instructor, JulieAnn at ext. 4458 for more information, or stop by Expeditions or call ext. 2527 to register. Class sizes are limited.



ACTIVITIES

Edge trip to Sevilla – Signup before Monday

The Edge is having a shopping trip to Sevilla Sept 18. Cost is 18 and the deadline to sign up is Sept. 13. Call ext. 4625 for details.

Teen basketball - Every Thursday

The Edge hosts a 2-on-2 basketball tournament at 4 p.m. every Thursday in September. For more info, call ext. 4625.

Nutrition Awareness Week. Celebrate Nutrition Awareness Week with Jams from Sept. 13-17, when there will be activities and healthy snacks each day from 5 to 7 p.m. Call ext. 4564.

Youth soccer starts Sept. 18

MWR's youth soccer season runs from Sept. 18 through Nov. 13. For details about playing, call ext. 3108.

Educational

News

Are you an effective leader?

Explore the Art and Science of Leadership by attending a public service seminar Thursday, Sept. 16 from noon until 1:30 p.m. in $the \, NAVLEAD \, Classroom.$ Richard L. Coberg, Ph.D., Director, Educational Alternatives, University of Oklahoma, will conduct the seminar. He will be in Rota teaching Theoretical Foundations in Human Relations. Bring your lunch and gain some insight on effective leadership. This seminar is open to the public. If you are interested in attending, please RSVP by Sept. 13 to Tracye, at ext. 2799.

Spouse Tuition Assistance

little help with the tuition costs? The Navy-Marine Corps Relief Society can help. The Spouse Tuition Assistance Program, or S.T.A.P., is sponsored by the Navy-Marine Corps Relief Society to offer financial assistance to spouses of active-duty military members stationed overseas who are undergraduate or graduate degree-seeking students. Term II S.T.A.P. appointments can be made starting Sept. 20. Applicants will be seen from Sept. 27-Oct. 15. Call the NMCRS at 1614 or visit our office in bldg. 52.

The University of Oklahoma Cameron University in conjunc-

Going back to school but need a	Continued, next pag		

September 9, 1999



Ornithologists have revealed in their research an unusual sense of community among flocks of geese. It appears that the all-to-familiar Vshaped flight formations many of us have caught a glimpse of during the season of migration, is in reality a superior community support system. According to researchers, the stronger and larger birds position themselves at strategic points within the flight patter in order to create an airflow or vortex that supports the weaker members of the flock. That allows the smaller birds to expend less energy throughout the duration of a long atmospherically inconsistent and dangerous journey.

The special qualities inherent among the members of this task force are endurance, speed, strength, patience and courage. These noble virtues become most evident in the unfortunate event that one of the birds takes a bullet from a hunter's gun and falls to the ground. While the fellow member is falling from the sky, they immediately break formation and dispatch to the aid of the victim. They clearly place a high value on the life of every one in the flock, even the wounded ones. In addition to this the group is said to

remain present until it is determined whether or not the injured bird dies or is able to return to flight. Should the victim suffer a fatal wound, this group is able to fly at top speed overtaking the rest of the flock and resume their positions in the forma-

There are those in our world today who might feel that only a "birdbrain" would risk the possibility of falling behind the group to assist someone else in trouble. I am inspired by the fact that the self-centered behavior we witness from time to time has not diminished the notable acts of valuing others within our society and Navy. Whether it is victims of floods, earthquakes, hunger, terrorist acts or daily crises that typify human existence, take it from the birds, valuing others enhances our overall quality of life. Furthermore, life requires that we recognize the distinction between sympathy and compassion. An unknown writer states it this way, "sympathy sees, and says, "I'm sorry"; Compassion feels, and whispers, "I'll help." It is a proven statistic that people will be happy in about the same degree that they are

ROTA COASTLINE

Chaplain Jonathan Panitz, a rabbi on the 6th Fleet staff, will visit Rota for the Jewish High Holy Days. While in Rota he will lead worship

services and meet with Jewish personnel, as well as help recruit and train lay-leaders for the Jewish community.

Friday is the Jewish holiday Rosh Hashanah – literally "the head of the year" - and it celebrates the completion of the creation process and the birthday of mankind.

For more information about Jewish worship opportunities in Rota, call the chapel at 2161.

Service times will be: ROSH HASHANAH (10 September) 7 p.m. 10 a.m. ROSHHASHANAH (11 September) Shacharit YOM KIPPUR (19 September) Kol Nidrei 7 p.m. 10 a.m. YOM KIPPUR (20 September) Shacharit

SCHOOLS

Strike up the band

The DGF Elementary School Music Department is seeking volunteers to assist with the Starter Band. If you are interested in helping beginning band players, please contact Ms. Robles through the Elementary School office at 4185. The Starter Band consists of the following instruments: clarinet, flute, percussion, saxophone and trumpet. If you are willing to loan or donate one of these instruments please contact the school's

School Pictures

DGF High School pictures will be taken Sept. 23 and 24. Senior pictures will be taken separate, the date will be announced. For more information about school photos call Peggy Jones at 4181.

The Academic Skills Learning Center would like to congratulate the following students who completed courses in August:

CECN (SW) John Little FASTRACK Mathematics MM2 (SW) Stuart Melvin Earth Sciences MM3 Lawrence Mong Beginning Algebra DT3 Jessica Taylor FASTRACK Language Arts Savuri Gasper FASTRACK Language Arts Olywn Posey Beginning Algebra & Intermediate

Congratulation to our students. They have worked very hard to complete their courses and receive their certificates.

POV PICKUP



Bierling, S.L. Brewer, E.M. Chaimowith, M.E. Domingo, M.I. Euler, G. Hernandez, C.A. Hinchley, M. Kidd, G. Longstaff, J.E. Lower, D.J. Miller, C.T. Phillips, B.A. Polk, D. Ramos, G.C. Rewak, P.R. Smith, k.d. Walker, J.L. Williamson, S.H. Youngblood, K.L.

Educational



Continued

tion with the University of $Oklahoma \, is \, sponsoring \, the \, Fall \,$ 1999 Association for Young Children in Europe (AYCE) Conference October 15-17. The course will be ECE 5781/3871, Supporting Social/Emotional Development in Young Learners. Participants attending this conference can earn one graduate or upper level undergraduate credit. Call 2799 to enroll.

ROTA COASTLINE

AFN ON TV

Time	Theirs.rlary	Friday	Sariarday	Sunday	Monday	Tuesday	Wednesday
9.00	The Oprah Winfrey	The Oprah Winfrey	Ruguats	Promised Land (TV-PG)	The Oprah Winfrey	The Oprah Winfrey	The Oprali Winfrey
9.30		<:55> Port Charles [TV-	New Ghostwiter	 Darkness Visible 		<:55> Port Charles (TV-	<:55≻ Post Charles (TV-
10.00	<:20> Guiding Light (TV-	<:20> Guiding Light TV-	Discover Magazine	Family Movie	<:20> Guiding Light (TV-	<:20° Guiding Light (TV-	<:20> Guiding Light (TV-
10 30			- Moseltner	Charinite's Web (TV-			
11:05	<:10> General Hospiral	<:10> General Hospital	Homelime [TV-PG]	3	<:10> General Hospital	<:10> General Hospital	<:10> General Hospital
11:30			California's Gold			28	39
12:00	Hearane News	Headline News	Headline News	Headine News	Headline News	Headline News	Headline News
12:32		Wheel Of Fortune(TV-G)		Army Newswalch	Wheel Of Fortune(TV-G)		Wheel Of Fortune(TV-G)
13:00	Today Show	Today Show	Beverly Hills, 80210 (TV-	CFB (FSH)	Today Show	Today Show	Today Show
13.30			- The Nation of Notice	- Calorado State vs	1		
			STANCE THE STREET	Culorado (Big 12)	1		
14.00	3	1	Melrose Place (TV-14)	Anna ta participa total			1
14.30			- Not Guile All About Eve	Ž 50			St
15.00	Animaniaca	Sylvester&Tweety	Body Humen 2000		All Dags Co to Heaven	Space Gools (TV-G)	Discrey's The Little
15:30	Pokemon (TV-C)	Jack Hanne's Animal	189		Supermen	Squigglevision	Gargoyles
		Adventures			100000000000000000000000000000000000000		
18:00	Hereules: The	Xena: Warner Princess	WWF Superstars TV-	Xena: Warner Princess		Nick News	Hang Time
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18:32	- Prodigal Sieter	 Death in Chains 	no sellina	- The Key to the	Kenan & Kel	Scholastic Sports	Legends of/Hidden
17:00	Jeopardy! (TV-G)	Jeopardy! (TV-G)	Soul Train	Computer Chronicles	Jeopardy! (TV-G)	Jeopardy! (TV-G)	Jeopardy! (TV-G)
17.30	Head∎ne News	Headline News		Wall St Journal Report	Headline News	Headline News	Headline News
18:00	Morning Business	Morning Business	CFB (ABC)	Racing to Breeders Cup	0.000 0.000	Morning Business	Morning Business
99103	Report	Report	The second second	(ESPN)	Report	Report	Report
18.30	<: 33> CNN/SI	<:33> CNN/SI	- Metawain at Iran (Big	Inside the PGA Tour	<:33> CNN/SI	4:33> CNN/SI	<:33> CM/PSI
15:00	Frienda (TV-PG)	The Simpsons (TV-PC)		MASCAR Winston Cup	60 Manuπes	7rh Heaven (TV-G)	Sabrina, The Teenage
	5557 (670, 640, 64	2010 1 December 2 1 Company 2 Compan	l	(ESPN)	1	25/25/18	Wrich (TV-PG)
16:30	Jesse (TV-PG)	The Hughleys (TV-PG)	l	Popsi Southern 500	1	Cuttors	Bny Meets World (TV-
				(Darlington, SC,	l		PG)
20:00	Frasier (TV-PG)	Star Trek: Voyager (TV-	l		Sports Night (TV-14)	Primetime Movie	Party of Five (TV-14)
20:30	<:35> Will & Grace (TV-	- Retrospect			The King of Queens (TV-	The Jurar (TV-14)	- Naming Names
21.00	NYPD Blue (TV-14)	X-Files (TV-14)	2223422		The Practice (TV-14)		Ally McBeal (TV-14)
21:30	- Danny Boy	- Thiornes	CFB (ABC)		- The Civil Right		- The Life & Trials of Ally
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23:00					1		
	<:35> Late Show	<:35> Late Show		Round(ESPN)	<:35> Late Show	<:35> Late Show	<:35> Late Show
23.30	C			- Weterhouse			
0.00	w/David Letterman	w/David Letterman		Championship at	w/David Letterman	w/David Letterman	w/David Letterman
0.50	<:35> Showbiz Today	<:35> Showbiz Today	-		<:35> Showbiz Today	<:35> Showbiz Today	<:35> Showbiz Today
1.00	Heart Free News	<:05> Morvies Til Down	Saturday Night Live (TV-	Heardline News	CNN/SI	<:05> Movies Tel Dawn	<:05> Snowbiz Today
65166	Thursday Came Night	Soapdish (TV-PG)	- Sereh Michelle	Pensacola: Wings of	CHIEST.	Good Morning,	The Wild Brinch (TV-44)
1:30	(ESPN)	acompanian (10-ray)	SallanHackstreat		I		Com acon moneto Li n-4-4/
2:00	(ESPN)		.aanannaassaaal	Gold (TV-PG) Payor Blay	CFB (F5N)	Vlatnam (TV-PG)	
	- Oregon at Michigan	<:50> Movies Till Dawn	Videalink	America's Black Forum			
2:30	State (Big 10)	JU- INJVIES I II DAWN	vidediirik	America's Black Forum	State (Pas 16)		
	SIND ING 101	Die Hard with a	Movie Till Dawn	Austin City Limits	Sale Pes 107	<:15> Movies Till Dawn	<:20> Movies Till Dawn
3.00		Vengence (TV-14)	MOVE THE DOME	AMERICA CITY LITTIES	A.C. 170	To- movies III DAWN	- 207 MOVIES THE DAME
		ASIMEING IN A-140	The Piwro Lesson (TV-	- Ray Frice/Henri		Danielle Steet: Perfect	And the Band Played
3:30			PG)	Thompson		Stranger (TV-PG)	On (TV-14)
4 00	-		-0/	Friday Night	+	Suanger (14-PG)	VII (1 V-12)
4:30							
5:00	Hear∎ne News	Headline News	Headine News	Meet the Press	Headline News	Headline News	Headline News
5:30	World News Tonight	World News Tonight	Hour of Power	Committee Committee	World News Tonight	World News Tonight	World News Tonight
6:00	CIEVSI	CNN/SI	Breakthrough	Headine News	CNIVSI	CNN/SI	CNN/SI
6:30	Nightly News	Nightly News	Taking Authority '90	CNN/SI	Nightly News	Nightly News	Nightly News
7:00	Sesame Street	Sesame Street Specials	Reflections (TV-G)	Sesame Street	Sesame Street	Sesame Street	Sesame Street
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8:00	Shiring Time Station	Dianey's 101 Dalmations	Bear In The Big Blue House (TV-Y)	Віу Выу	Teletubbies (TV-Y)	animaig mille atauam	Teletubbies (TV-Y)

September 9, 1999 199

ROTA COASTLINE MOVIES

Motion Picture Association movie ratings: G - General Audiences, All ages admitted; PG - Parental Guidance Suggested, Some material may not be suitable for children; PG-13 - Parents Strongly Cautioned, Some material may be inappropriate for children under 13; R - Restricted, Under 17 requires accompanying parent or adult guardian.

MWR's Movie Information Line extension is 2624.

Remember, all movies are FREE! Drive-in movies begin around 9:30 p.m.

The schedule for this weekend is: Friday – Eyes Wide Shut (R) Saturday – Muppets from Space (G)

Sunday - South Park (R)

Gateway Auditorium Today

6 p.m. Drop Dead Gorgeous (PG-13)

8:30 p.m. Lake Placid (R)

Fri., Sept. 10

7 p.m. Muppets from Space (G) 9:30 p.m. South Park (R)

Sat., Sept. 11

3 p.m. Inspector Gadget (PG) 7 p.m. American Pie (R) 9:30 p.m. Eyes Wide Shut (R)

Sun. Sept. 12

3 p.m. Muppets from Space (G) 6 p.m. American Pie (R) 8:30 p.m. Eyes Wide Shut (R)

Mon., Sept. 13

6 p.m. American Pie (R) 8:30 p.m. Eyes Wide Shut (R)

Tues., Sept. 14

6 p.m. Mickey Blue Eyes (Pg-13) 8:30 p.m. American Pie (R)

Wed., Sept. 15

6 p.m. Muppets from Space (G) 8:30 p.m. Eyes Wide Shut (R)

Eyes Wide Shut (R)

Thriller; Tom Cruise, Nicole Kidman (159 mins.) This psychological thriller, the last film directed by the late Stanley Kubrick, is the portrayal of a married couple which explores their own sexual identities.

American Pie (R)
Comedy; (95 mins.)
A group of friends at the end of their senior year of high school make a pact to lose their virginity

by prom night. To fulfill this mission, they have surprising, hilarious and touching realization

hilarious and touching realizations about themselves, friendships, love, romance and relationships with the opposite sex.

Mickey Blue Eyes (PG-13)

Comedy; Hugh Grant, Jeanne Tripplehorn, James Caan (110 mins.)

A Manhattan art dealer is engaged to an teacher who seems perfect until she reveals her father is a Mafia boss. To win her hand, he embarks on a mission to thwart the mob but, within days, is laundering money, witnessing murder and masquerading as a notorious mobster.

South Park (R)

Adult animated, voices of Trey Parker, Matt Stone (80 mins.) The colorful citizens of the community come to the big screen in a hilarious and irreverent film. The plot revolves around the boys' fight against a group of parents who form a film-rating committee.

Lake Placid (R)

Thriller; Bill Pullman, Bridget Fonda (82 mins.)

A New York paleontologist (Fonda) travels to Maine to investigate the mysterious death of a man near a remote lake. With the help of a fish and game warden (Pullman) and a battling sheriff and wildlife expert, she discovers an enormous alligator is responsible for the town's havoc.

Drop Dead Gorgeous (PG-13)

Comedy; Kirstie Alley, Ellen Barkin, Kirsten Dunst (97 mins.) The movie follows a small town's obsession with its teenage beauty contest. Told in a mock-documentary style, the film offers a twisted portrait of American teen culture.

Muppets from Space (G)

Family; Gonzo, Kermit, Miss Piggy (88 mins.) The Muppets star in this extraterrestrial adventure about the search for Gonzo's past. He discovers his long-lost relatives are actually aliens from a distant planet and becomes the target of a paranoid government operative.

Inspector Gadget (PG)

Comedy; Matthew Broderick In this live-action, big-screen adaptation of a popular television cartoon, Broderick stars as a gadget-wielding, bumbling detective.



Birth Announcements

Daniel Baeza Wassenhove, son of Mike Wassenhove and Ana Wassenhove, born Aug. 18, 1999, 6 lbs. 13 oz.

Olivia Paige Nolan, daughter of Joshua Nolan and Tamatha Nolan, born Aug. 19, 1999, 7 lbs.

CLASSIFIEDS

CONTINUED FROM PAGE 17

Autos/Motorcycles

1986 Mazda MPV, 6.0, 3L, automatic, AM/FM cass., tow package, meticulously cared for, asking \$4,500 obo. Call 956-82-1511 days or 956-87-6133.

1986 Renault, 4dr., PL/PW, great work car, ITV good until Dec. '99. Call 956-82-4949, please leave a message.

1992 Renault Clio. 5-speed, 2-door. ITV good until April 2001, detach face stereo/cassette. Reliable, only \$4,100. Call 649-269-778, Robert or Elena Call X-3548 or X-3332.

1994 Chevy S-10. Superb condition. Red, 4.3L V6, 5 speed, custom wheels, tint, bed liner, topper, and Pioneer CD stereo. 62k miles. \$10,000 firm. Call 956-87-6630.

1989 OPEL Kadett 1.6, A/C, Stereo. Excellent Cond. \$2.890 Call 3588.

Reliable commuter car Opel Ascona 4-door, hatchback, manual transmission serviced in July. 6month warranty-call for details \$1500 OBO. Call Maureen at 956-816196.

82 Renault 12. 4 door. ITV till AUG 2000, INS till OCT. Removable radio/cassette player.

\$800 OBO. Engine in excellent condition. Super reliable beater!! Available Sep. 956-84-0834 -Rob or Lisa or #2467.

For Trade 1995 Mitsubishi Montero L.S, Black w./Silver Trim, Excellent Condition. Looking for TOYOTA Camry, ACURA Integra, BMW or almost any sports car. Note: Not For Sale, Trade Only. POC: Ivan Orozco, VQ-2, x2224/2017.

Isuzu Troper 4x4 1989, Excellent Mechanical Conditions, 6 Doors, 4 Cyl, Take It Home For \$4,500.00, 91-543-2804 or waraya@odcspain.org

Household and Electronics

Bose 601 speakers, \$200 obo; Pioneer car stereo w/speakers and removeable face \$200 obo; Toshiba Beta VHS w/cassettes and cassette holder \$125 obo; Sony reel-to-reel w/tapes \$350 obo; Weight bench w/weights, approx. 180 lbs. \$110 obo; Pioneer stereo receiver, 4 channel, \$225. Call 956-87-3781 anytime, leave message.

Jenny Lind Changing Table, \$25; Evenflo travel/play crib \$50; Graco wind-up swing \$30; Mickey's comforter/bumper pad and sheet \$25; Infant carrier seat \$15; Little Tikes outside toddler swing \$15. Call Tina at 956-85-7758

21" Sony Triniton Multi-System TV, \$250; VCR \$100; Queensized bed \$300 obo, paid \$700, 7 ½ yrs. old, great quality and condition. Call 630-628-092.

Motorola cellular phone, \$75; Cerwin-Vega speakers \$150; Kenwood mini-system w/6 CD changer \$150; small entertainment center \$50. Please call 956-48-0575 or Petty Officer Olson at 2514

Satellite dish w/receiver, asking \$150. Call 956-82-4949, please leave a message.

JVC VHS-C Camcorder forsale. Takes Digital stills! 44X Digital zoom. Software, deluxe carry bag and accessories. \$400. x4003

Double stroller \$75;220v (7 piece) clipper set \$50; air conditioner \$250; 110v (1500 watt) electric heater; white crib w/mattress \$75; children's clothes \$4; maternity dress \$20; call Cathy 4972.

Drop-leaf finished table.6 Chairs including 2 armchairs. \$250, x4003

Sony Trinitron Color TV19 inch NTSC \$300.00, Pioneer

Laser Disc Player (CD/CDV/LD) CLD-980 (black) with remote, box, five movies, and one demo disk \$150.00. Excellent condition! 956-81-6086 or

capecod@teleline.es

Gas Lawnmower. Used one season, still in original box from move. \$75.00. 956-81-6086 or capecod@teleline.es

Grey corduroy sleeper sofa, \$250; JVC 6+1 CD Player, \$100;

Over-toilet bathroom shelf (wood), \$50; computer desk w/ hutch, \$50; Call 609-73-4066. JVC 27" TV & VCR, Yamaha Stereo & CD Player, Black Metal Entertainment Center. PCSing MUST SELL! \$1000 FOR ALL. Call 4176

Large Sofa \$250, Queen Mattress/Box Spring. Excellent Condition (6 months old) \$350.

Continued, next page

Submit your ad



All TEI 'Spanish ID' card holders, including active-duty U.S. military members, DoD civilian employees, and their family members are eligible to place free advertisements and are limited to 25 words. Free ads are restricted to non-commercial goods and services. If you meet these requirements,

please e-mail your ads to coastline@navsta.rota.navy.mil You may also stop by our office in Building 52. Note: You must have a valid TEI card to submit a free ad.

Paid ads for commercial and non-commercial goods and services are available to non-TEI card holders as well as U.S. servicemembers and civilian employees. The civilian publisher of the Coastline, Karen Lucas, sets fees for classified ads. To place an ad, call 956-54-2997, 607-56-4132 or e-mail COASTPUB@santandersupemet.com. We reserve the right to edit or refuse any ad to meet NavSta Rota and Coastline policy. Goods and services offered must be available without regard to race, creed, religion or country of national origin.

PCSing MUST SELL Call 4176. **Garage Sale**, 1068 GRANADA, September 11 & 12. Starting 08:00. PCSing, everything must go! Call 4176 for more info.

Large Clothes Dryer for sale. \$50, you must pick it up yourself. Call x2826 or 956-48-1439.

Macintosh Computer, monitor & Laserwriter \$900; 27" NTSCTV \$200; Ohm stereo speakers \$100 OBO. Call 956-48-0567 or ext 2161.

Whirlpool Refrigerator: 110v, 21.7 cu. ft., automatic ice maker \$300. Whirlpool Freezer: 110v, Upright \$300. Maytag Washing Machine: 110v Heavy Duty \$300. Whilpool Dryer: 110v Heavy Duty \$300. Dining Room Table: Formica top, 3' wide x 4' long with 1' leaf, 4 chairs \$200. Bob (956) 81-0625

Compaq Presario 4704,running 95, Office 97, and a lot more. Good first computer. Never had a problem. \$450.00. Call: 956-48-0389.

Houses/Apartments

For Rent Apartments. Do You Have a couple of days off? Come to Torremolinos, View Web page for full details. Private parking and 24 hour security, 10 minutes walk to town center and beach. Ray 95-2051523longton@mercuryin.es http://estrellas.malaga-it.com House for rent 5 minutes from base. Furnished/unfurnished, 4 bedrooms, 21/2 baths, patio, private driveway, yard. 90.000 pts. Mo. Call 617-802-093. Unfurnished townhouse in Las Redes for rent; 4 bedrooms; 2 full baths; small room with 1/2

bath; living room/dining area; fireplace; Kitchen; storage room; nice yard; driveway; telephone line. 135.000 Pts/mo. Call Ed: Tel 956-871519 or 639-310436

For Rent By Owner. American owner offers his large, 3 bdrm, 2 bath, unfurnished/furnished apartment for rent in center of Rota. Plaza Ignacio A. Liaño, Bloque 7, 1-D. Garage, washer, dishwasher. 79,000 Pts. Tel. 606 172 113

For Rent: 3 bedrooms, 2 baths, livingroom, very large furnished kitchen with American appliances, laundry room, yard, patio, balcony off master bedroom, closed garage, 90.000 ptas a month. Call Century 21 Agin 2000.956-8462-

House with large yard in Las Redes for rent. 4 bedrooms, 2 baths, built in closets, livingroom and dinning room, completely equipped kitchen, propane, large garage, porch. 180.000 pts./mo. Call 956-850653 or 670-795032 Need a house? We'll find what you want. No fees, no language barrier. Your satisfaction is our best publicity. 956-562313 or 610-753503. Call us anytime. For rent top quality house, like new, 10 minutes from base in Puerto, La Belleza,. Cute furnished kitchen, 3 bedrooms, closets, two baths, living-dinning room with fireplace, yard, porch, driveway parking. Automatic car gate. 90.000 pts./mo. Commission free. English spoken. Call Elov at 956-540044 or 689-190243

190243.
Cute large house in
Vistahermosa for rent: 5
bedrooms, 3 baths, large living/
dinning room, kitchen, storage

room and garage, porch and 1,200 sq. Meters of yard. 225.000 pesetas mo. Call 956-850653 or 670-795032

For Rent: First floor of a single family home, 3 bedroom, bathroom, Livingroom, balcony, roof area, and completely furnished kitchen. 70.000 ptas month, Call Century 21 Agin 2000.956-8462-21

For Rent: Single family home never occupied, new kitchen cabinets, with new appliances, just painted, 3 bedrooms, 3 baths, livingroom, back patio, yard and closed garage. 95.000 ptas. Negotiable. Century 21 Agin 2000.956-8462-21

Large house in Vistahermosa for rent. 4 bedrooms, 3 baths, large living-dinning room, porch, large yard with driveway parking. 180.000 pts./mo. Call 956-850653 or 670-795032

Lovely beachfront apartment for rent. Front row, near Fuentebravía gate, unfurnished, living-diningroom, large terrace, 3 bedrooms, 2 baths, complete kitchen, wash machine, phone, TV, satellite, lift, underground garage, solar heat, good security. 125.000 pts./mo. Includes community fees. Call Brigitte at 956-851396 or Coco at 956-480973 or leave message at 956-542997.

For Rent: Ocean View from this 3rd Floor apartment. Owner is furnishing kitchen. 3 bedrooms, large livingroom, elevator. 80.000 ptas a month. Call Century 21 Agin 2000.956-84-62-21 Great bargain! Beach apartment in Fuentebravía with great view for rent. 2 bedrooms, 1

equipped kitchen. 75.000 pts./mo. Call 956-850653 or 670-795032. Beautiful Beachfront apartment for rent. Near Fuentebravía gate, unfurnished, 3 bedrooms, 2 baths, living-dining room, complete kitchen, balcony, solar heat, TV satellite, phone, underground

bath, living-dining room,

garage, lift, good security.

100.000 pesetas/mo. Includes

956 851396 or Coco 956 480973 or leave message at 956 542997. For Rent: Large apartment, easy access to and from base, own parking, 3 bedrooms, 2 baths, storage, wonderful views, available now. 72.000 ptas Call

Century 21 Agin 2000.956-8462-

community fees. Call Brigitte at

21
For Rent: 3 Bedrooms,bath, good size livingroom and balcony with wonderful ocean views from the Cádiz Bay, swimming pool, own parking, very nicely furnished and cozy. 75.000 ptas month Call Century 21 Agin

2000.956-8462-21 **Studio apartment for sale.** Fully furnished and equipped, community pool and across from beach in Rota. Call 956-542997 or 607-564132

Miscellaneous

Dress, dark blue velvet, long sleeve, for Christmas, size 24-months. Brand new, \$9. Call 956-87-6493.

Harley Davidsonreplica child's 20" bicycle. Must see. \$100. Call 4367

Choker Whites, size 44R

excellent condition, \$30 x3248. Century smart fit plus car seat, \$35.00 8x10 shed; available October 1st, \$175.00, Graco swing \$40.00 multi-system T.V. \$75.00, Call: 956-48-0389 Brownie uniforms (complete set), light blue short and long sleeve shirts and skirt, size 7, shorts and long pants, size 10/12, medium. Sash, 2 pairs of knee socks, belt, 3

956-87-6493. Armstrong Alto Sax. Excellent cond. Comes with hard case, spare parts, cleaning acc. and many new reeds. \$400. x4003

"Badges and Signs" and "Brownie

Girl Scout". All for \$40. Call

web ties, 2 Brownie books

Intensive Spanish Courses: All levels - Trinity School. For information, call 956-871926.

Beanie Land: Beanie babies, buddies, attic treasure bears,

Brittania, New & retired ones. Tel. Ext. 3938 or 600-813354.

30 minutes of free calls with Rapid Link. Sign-up by e-mail. No hidden charges, monthly fees. Normal Spain to USA rate, 27 cents. Info from

pp10013@cybernet.it Volunteer needed at RAWLto feed, bathe, clean cages, and walk dogs, Call 4000 for more info. This is a new day with many new paths to choose, Dear Lord. So please lead me, guide me along the right paths every hour of this day and always. Happily I pray with and for my co-workers, family members and loved ones, so I ask that You lend Your guidance to us. Lord, watch over us as we strive to do our best. At this quiet moment, Dear Father, I wish to give You thanks for all You have done. And I ask that You might help me and all those that I commend to Your care, to have greater prosperity. From Your storehouse of goodness, let me receive those things I need to live comfortably and happily, cared for and loved by You And for these many blessings I give You thanks Lord God and Father. Amen Jess Lopez

Pets

Free to a loving home, two male cats, one brown Tabby, one black, all shots, fixed. If interested Call 956-81-6458. For Sale, Lhasa Apso puppies. Registered. Shots, dewormed. Beautiful little furballs, very lovable, good with children/ adults. Good temperament, quality. Adapts well to house, apartment. 13 years experience owning, breeding and handling pure bred Lhasas. 610-662500. Pitbull, female, 1 month old. Good price. Call Macarena at 956-850635 or 656-933500 Adopt a Pet at Rota Animal Welfare League (RAWL). Various dogs and cats to choose from. Call 4000 or stop by (across from the drive-in).

For Sale Golden Retriever puppies with pedigree. All shots, two months old. Call 956-371885 or 610-050516

Free to good home. 2 year old AKC full pedigree Alaskan Malamute. Comes with ex-large kennel, birth certificate, papers and an up to date shot record. Call Geoff at 3232 for more info.

Wanted

House is Puerto or Rota;3 bedroom, 2 baths, garden, big kitchen, big master bedroom for king size bed. "Must" be in good condition. Will be renting for 3, possible 4 years. Call 956-48-0389

SPORTS

SOFTBALL PLAYOFFS

Tournaments begin September 7

MEN'S A LEAGUE

Sep. 8

6 p.m. Navsta v AMC (Fld 3) (Game 1) Hospital v AIMD (Fld 1) (Game 3) 7 p.m. Rangers v VQ-2 (Fld 1) (Game 4) 8 p.m. NCTAM v NSGA (Fld 3) (Game 2)

Sep. 10

6 p.m. loser 1 v loser 2 (Fld 1) (Gm 8) 7 p.m. loser 3 v loser 4 (Fld 1) (Gm 9) winner 1v winner 2 (Fld 3)(Gm 5) 8 p.m. winner 3 v winner 4 (Fld 3)(Gm 6)

Sep. 13

6 p.m. winner 8 v loser 6 (Fld 3) (Gm 10) 7 p.m. winner 9 v loser 5 (Fld 3) (Gm 11)

Sep. 15

6 p.m. winner10 v winner11 (Fld3) (Gm12) 7 p.m. winner 5 v winner 6 (Fld 3) (Gm 7) 8 p.m. loser 7 v winner 12 (Fld 3) (Gm 13)

Sep. 17

6 p.m. winner 7 v winner 13 (Fld 3)(Gm 14) 8 p.m. winner 14 v loser 14 (Fld3)* * if necessary

NOTE: There are no playoffs for the Women's League.

MEN'S B LEAGUE

Sep. 7

6 p.m. NMCB3 v NSGA (Fld 1) (Gm1)
Air Ops v Security (Fld3) (Gm 5)
7 p.m. Weapons v VQ-2 (Fld 1) (Gm 2)
8 p.m. MCSF v PWD (Fld 3) (Gm 4)
Sep. 8

6 p.m. winner 1 v Nemoc (Fld 1) (Gm 3) 7 p.m. loser 1 v loser 5 (Fld 1) (Gm 10) winner 5 v winner 4 (Fld3)(Gm8) 8p.m. loser 2 v loser 4 (Fld 3) (Gm 11) Sep. 10

6 p.m. winner 3 v winner 4 (Fld3)(Gm7) **Sep. 14**

6 p.m. winner 10 v loser 6 (Fld1)(Gm12) winner 11 v loser 3 (Fld4)(Gm13) 7 p.m. winner 12 v loser 7 (Fld1)(Gm14) winner 13 v loser 8 (Fld4)(Gm15) winner 7 v winner 8 (Fld3)(Gm9)

Sep. 16

6pm winner 14 v winner 15(Fld1)(Gm16 7pm winner 16 v loser 9 (Fld1)(Gm 17) Sep. 17

7pm winner 9 v winner 17(Fld3)(Gm18) 8pm winner 18 v loser 18 (Fld 3 or 1)* * if necessary

GYMSHORTS

Triathlon "Ciudad de Murcia"

Aguilas, Murcia, September 12. Information at Comrel ext. 2813.

Softball meeting

A coaches meeting for MWR's fall softball league is scheduled for 4 p.m. Sept. 14 at the Fitness Center. Rosters are due at the meeting. Play begins Sept. 20. For more information and details, call ext. 2563.

Volleyball tourney

Champions will host a 4-man volleyball tournament on Sept. 16 beginning at 7 p.m. Registration is free and winners receive a

Champions gift certificate. Call ext. 2433.

12th Triathlon "Ciudad de Chiclana"

Sept. 19. For information call Comrel at

ext. 2813.

Self defense classes

MWR has classes in the oriental martial arts of jiu jitsu and aikido. Jiu jitsu classes are conducted from 6-8 p.m. Mondays and Fridays and at noon on Saturdays. The cost is \$25 per month. Aikido classses are scheduled for 6:30 to 7:30 p.m. Tuesdays and Thursdays and from 7:30 to 9:30 a.m. Saturdays. Classes are in the Aerobics Center. Call ext. 2527 or stop by Expeditions to sign up or for more info.

Know bowling?

MWR is looking for certified bowling instructors to work at Rota Lanes. If you qualify, call ext 2112 or stop by Rota Lanes and talk with the manager.

Marina special

Throughout September, boat rentals are half off at MWR's Marina when you bring your child(ren) with you. Call ext. 2497

SPORTS

Rota equestrians take 1,2,3 honors

Americans from the base, took 1st. 2nd and 3rd places in the

meter jump class at the Vista Hermosa Riding Stables

The competition was the last of the August weekend shows which are held each year at the stables next to the golf course and tennis club. Thirty nine competitors rode their horses over the ten jumps, with five trophies given to the fastest "clean" rounds (no poles knocked over. no refusals).

Sixteen-vear-old Erin McNulty, riding Mr. Cook, was the sixth competitor to do the course, and smashed the current best time of 69 seconds with a rodeo-like ride that had the crowd silent as she

Three Rota girls, two of them cut corners and flew around the ring course with a clean round in 59 secto finish in 53 seconds. A short time



Erin McNulty iumps Mr. Cook at the Vista Hermosa Riding Stables

later her time was challenged as Maria Pilar Niño (11), also of the Rota equestrian center operated by her brother, Antonio Niño, urged her young mare, Destinada, over the onds. But the Rota riders were not through.

> After Mr. Cook. a former Spanish champion endurance horse, had some time to catch his breath and stretch out, Ana Richter (13, and a DGF 8th grader) took him over the course in 60 seconds, again clearing everything. The three girls, who have been riding together for more than six years, took first, second and third places. Not an easy feat, considering

that most of the 39 competitors were quite a bit older, and had the advantage of riding horses considered to be much better, especially if judged by pedigree. Mr. Cook is a 17-year-

old mixed breed, kept as a stable pet. Destinada is a 5-year-old mare who has just recently begun training to

The three girls were ecstatic to find themselves one, two, and three in the much-coveted winners circle at Vista Hermosa. All attribute their success to the constant coaching and critical eye of their friend, brother and trainer for the past 6 years, Antonio Niño Martinez.

Martinez is certified by the Spanish Equestrian Federation to teach riding, including dressage and jumping, at the monitor and technical levels.

Earlier in the evening Caitlin

Wilson and Caite Holden rode Donatello in the 80cm class with clean rounds Martinez and Maria Pilar went on to ride their horses in the 120cm class, with Antonio bringing home a fifth place ribbon, while Pili settled for a ribbon-less 6th place.

Martinez and the girls look forward to jumping in the Andalusian Championships, which will be held in about 5 weeks. Caitlin, on Mr. Cook, Pili, on Destinada, and Antonio, on Simbolo, are all eligible for annual awards, given to riders who have won competitions in their age groups to qualify for the provincial championships.

SPORTS TALK

Russ Gambrel

Congratulations to what's-hername of the New York Liberty for hitting the first exciting shot I've ever seen in women's professional

basketball. The WNBA needed a moment like that. Though none of the folks at NBC would ever admit it the network is biding its time, keeping the league afloat, while we all wait for the world's first female slam-

dunker. Once she arrives and finishes off the WNBA's first Alley-oop, the league's future will become a whole lot brighter. Let's roll...

I'm not sure who to blame for this decade's obsession with pop culture, but I do know that we've hit saturation point every time I watch ESPN's Sportscenter. Whateverhappened to just reading scores with a dash of topical humor? Watching Sportscenter these days is like being invited to panel the standup comedy competition on Star Search. Every sports anchor in America now thinks he or she is the next Jerry Seinfeld. Of course this wouldn't be a problem if any of them were actually funny. Problem is, none of 'em are. There are two guys (whose names escape me) on that network that are good for a consistent laugh.

All the rest are completely interchangeable.

On a daily basis, the ESPN & CNN/SI anchors try to coin the

> next great sports cliché. One which I've already grown completely tired of is attaching the phrase "dot-com" to the end of every sentence. Example: Describing another Sammy Sosa

homerun, the ESPN anchor will say something like ...Sosa swings...and dials up

Get-that-weak-stuff-outta-heredot.com." Enough already. As we all know, the guy respon-

sible for the entire new breed of sports anchor is Chris Berman. Back in the eighties, when Berman was still at the anchor desk, he realized that big laughs brought big ratings. Lord knows I watched every chance I got. Back then, Sportscenter was frequently hysterical. Who didn't love to hear Berman shout "Back.Back.Back.Back" at light speed? Who didn't love to hear Berman parade out new nicknames on a nightly basis? Unfortunately, 13 years on, Berman is gone and Bermanwannebes are everywhere. It's enough to make a guy yearn for the days of Howard Cosell. See va next week.

